Mobilization of the Nervous System – Examination and Intervention

DATES: May 3-4, 2014

INSTRUCTORS: Mark Butler, PT, MPT, OCS, Cert. MDT

LOCATION: NovaCare - Neshaminy
11596 E Roosevelt Blvd.
Philadelphia, PA 19116

TARGET AUDIENCE: PT, OT, PTA, COTA, ATC, SPT, SOT

INSTRUCTIONAL LEVEL: Multiple

TUITION: $395 Waived for full time employees of Select Medical’s Outpatient Division

COURSE CAPACITY: 35

CONTACT HOURS: 14.25

ACCREDITING BODIES: Approved provider with NATBOC & AOTA and pending approval with the PA State Board of Physical Therapy

ENROLLMENT:
http://smportal/Departments/OutpatientDivision/OutpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx or contact apsiegel@selectmedical.com for an application form.

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email apsiegel@selectmedical.com.

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.
**Course Description:**
This seminar covers basic to advanced concepts for examination of restricted neural mobility and intervention strategies to address the dura, nerve bed, and the peripheral nerves. This course includes laboratory sessions in which participants will practice neural mobilization and examination techniques. Participants are encouraged to wear loose, comfortable clothing. Shorts are recommended as well as halter or swim suit tops for women in order to allow for proper practice of techniques.

**Target audience:**  PT, OT, PTA, COTA, ATC, SPT, SOT  
**Instructional Level:** Multiple

**Course Objectives:**
Upon completion the participant will be able to:

**Knowledge:**
- Participants will list the components of the brachial plexus.
- Participants will identify the signs and symptoms that a brachial plexopathy is present.

**Comprehension:**
- Participants will describe how movement affects nerve healing.
- Participants will describe areas of vulnerability of the nervous system and the resulting pathologies that can develop.
- Participants will explain the etiology of nerve injury.

**Application:**
- Participants will selectively apply tension to the brachial plexus and major peripheral nerves of the upper and lower extremities.
- Participants will document findings of neural mobility and track progress objectively.
- Participants will apply basic treatment including exercises, manual techniques, and home exercise/ADL modification.
- Participants will treat peripheral nerve entrapments in the upper and lower extremities.

**Analysis:**
- Participants will differentiate between neural and non-neural structures as a possible symptom generator.
- Participants will differentiate a plexus lesion vs. a cervical radiculopathy or a distal peripheral nerve entrapment i.e. cubital tunnel, carpal tunnel etc.
- Participants will localize the site of lesion within the brachial plexus based on the patient’s signs and symptoms.
- Participants will know how to progress and when to progress treatment.

**Synthesis:**
- Participants will establish a baseline of plexus mobility and patient’s tolerance to movement of the upper extremity.
- Participants will prognosticate the patient’s potential for rehab based on clinical examination and findings.
- Participants will establish treatment strategies and goals for the first treatment.
- Participants will combine neural mobilization with other advanced manual therapies.

**Evaluation:**
- Participants will palpate and/or differentiate peripheral nerves from surrounding tissue.
- Participants will perform a comprehensive evaluation of the brachial plexus.
- Participants will apply the 5 base tests for assessing neural mobility.
Agenda:

Day One:
7:30 – 8:00  Registration
8:00 – 8:15  Introduction
8:15 – 8:45  Anatomy Overview
8:45 – 9:45  Palpation Lab: Lower Extremities
9:45 – 10:00 Break
10:00 – 10:45  Palpation Lab: Upper Extremities
10:45 – 11:15  Nervous System’s Design for Movement, Force Dissipation, and Protection
11:15 – 11:45  Etiology of Pathology / Areas of Vulnerability
11:45 – 12:00  Q & A, Self-stretch
12:00 – 12:45  Lunch
12:45 – 1:45  Base Tests Lab: The Trunk and Lower Extremities
1:45 – 3:00  Base Tests Lab: The Upper Extremities
3:00 – 3:15  Break
3:15 – 3:30  Tension Points
3:30 – 4:15  Tension Points Lab
4:15 – 4:30  Documentation of Findings at Evaluation
4:30 – 4:45  Indications / Contraindications / Precautions
4:45 – 5:00  Wrap up, Q & A

Day Two
8:00 – 8:30  Review, Q & A
8:30 – 9:00  Structural Differentiation, Order of Joint Motion
9:00 – 9:45  Structural Differentiation, Order of Joint Motion Lab
9:45 – 10:15  Introduction to the Brachial Plexus
10:15 – 10:45  History and Exam of the Brachial Plexopathy Patient
10:45 – 11:00 Break
11:00 – 11:45  Lab: Examination of the Brachial Plexopathy Patient
11:45 – 12:15  Prognosis and Staging of the Brachial Plexopathy Patient
12:15 – 1:00 Lunch
1:00 – 1:30  Lab: Beginning Point – Basic Treatment Essentials
1:30 – 2:00  Lab: Treating the Nerve Bed – “The Container”
2:00 – 2:45  Lab: Advanced Treatment Techniques & Combination Techniques
2:45 – 3:30  Case Studies, Wrap up, Q&A

Program Accreditation:
The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 14.25 contact hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

ADA Compliance:
The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or
mental impairment that would require special accommodation to ensure a satisfactory learning experience.